perplexity

Olympic Wushu Curriculum Overview

Wushu will make its official Olympic debut at the Dakar 2026 Youth Olympic Games, marking a significant milestone for the sport[1] [2]. The Olympic wushu curriculum is structured around two main disciplines: **taolu** (forms) and **sanda** (sparring), though for Dakar 2026, only taolu events are included[3] [4] [2].

Taolu (Forms) Events

For the Dakar 2026 Youth Olympic Games, the wushu competition will feature four medal events:

- Men's Changquan (Long Fist)
- Women's Changquan (Long Fist)
- Men's Taijiquan (Tai Chi)
- Women's Taijiquan (Tai Chi)[2]

Changquan is a northern-style martial art known for its extended movements, speed, power, and flexibility, requiring high athleticism and often practiced from a young age[4] [2]. **Taijiquan** represents the internal, meditative aspect of wushu, emphasizing fluidity, balance, and control[2].

Taolu routines are judged based on:

- Technical quality of movements (stances, kicks, punches, balances, jumps, sweeps, throws)
- Degree of difficulty (nandu), which includes advanced techniques such as aerial jumps and complex spins
- Overall performance, including expression and choreography[3] [4]

Each routine has a set time limit, typically ranging from 1 minute 20 seconds for external styles (like Changquan) to over five minutes for internal styles (like Taijiquan)[4]. The scoring system allocates points for difficulty (up to 2 points), quality of movements (5 points), and overall performance (3 points)[3] [4].

Sanda (Sparring) Events

While sanda (also known as sanshou) is a major wushu discipline, it is not included in the Dakar 2026 Youth Olympic Games program[2]. Sanda is a full-contact combat sport that combines striking and grappling, resembling kickboxing but with additional wrestling and takedown techniques[3] [4].

Training and Curriculum Structure

The Olympic wushu curriculum, as developed by the International Wushu Federation (IWUF), emphasizes:

- Mastery of standardized forms (especially Changquan and Taijiquan)
- Development of athletic abilities such as flexibility, speed, strength, and coordination
- Safe progression through increasingly complex techniques, especially for difficulty elements (nandu)
- Understanding of wushu's cultural and philosophical roots, promoting both physical and mental discipline[4] [2] [5] [6]

The IWUF has also released instructional materials, including video courses led by world champions and expert judges, to help athletes and coaches prepare for Olympic-level competition[7].

Summary Table: Olympic Wushu Curriculum (Dakar 2026 YOG)

Discipline	Event	Gender	Focus	Judging Criteria
Taolu	Changquan	M/F	External, athletic	Technical, difficulty, overall
Taolu	Taijiquan	M/F	Internal, meditative	Technical, difficulty, overall

Key Points

- Only taolu (forms) events-Changquan and Taijiquan-are included in the Dakar 2026 Youth Olympic Games[2].
- Athletes are judged on technical execution, difficulty, and overall performance[3] [4].
- The curriculum emphasizes both athletic and cultural aspects, with training materials provided by the IWUF[7] [5] [6].
- Sanda, the combat discipline, is not part of the Youth Olympic program but remains central in other wushu competitions[2].

This curriculum is designed to showcase wushu's unique blend of athleticism, artistry, and cultural heritage on the Olympic stage.

⁂

1. https://www.iwuf.org/en/competitions/other-iwuf-events/index.html
2. https://shaolin-kungfu.com/kung-fu-wushu-olympic-games/
3. https://en.wikipedia.org/wiki/Wushu_(sport)
4. http://www.wushu-olympics.com/wushu.html
5. https://www.coursehero.com/file/249453328/Bodybuilding-6×6-for-Olympic-Wushu-Fencing-1pdf/
6. https://www.coursehero.com/file/249453300/Bodybuilding-Physical-Culture-for-Olympic-Wushu-5pdf/

7. https://www.iwuf.org/en/competitions/2026wtvc/index.html